

# Healthy Minds Lincolnshire

# Who are Healthy Minds Lincolnshire?

Children and Young People's early intervention  
and prevention emotional wellbeing service

Support young people aged 0-19 (25 if SEND or  
LAC)

Support young people with a variety of  
emotional wellbeing concerns such as low  
mood, anxiety, anger, self-esteem, exam stress,  
transition, self-harm.







## Healthy Minds – Who is eligible?

Attend a Lincolnshire maintained school or academy

Or

are ordinarily resident in Lincolnshire

Are not accessing another service for support with their emotional wellbeing (Child and Adolescent Mental Health Service, Behavioural Outreach Support Service, Early Help etc.)

# Workshops

- We have 8 recorded workshops currently available for anyone to use:
  - Survival Guide to Change (5-part workshop)
  - Managing worries and anxious feelings
  - Managing angry feelings
  - Parents supporting children with anxiety and additional needs (2-part workshop)
  - Staying Emotionally Healthy (Primary)
  - Staying Emotionally Healthy (Secondary)
  - Building Positive Self-esteem
  - Exam Success
- All are accompanied by a workbook to support activities and learning. We recommend that an adult supports all CYP under 11 to access these workshops.



# CYP/Parent Groups

- Currently all our groups are being offered virtually countywide.
- We will endeavour to arrange these outside of school hours wherever possible, however if these are within school times we endeavour to ensure these are at the beginning or end of the average school day.
- Any CYP identified as being appropriate for one of our groups can be referred in via the EHA referral process.
- **Group Offer:**
  - Conquering your Worries (For CYP Secondary School Age)
  - Challenge your Inner Critic (For CYP Secondary School Age)
  - Boost Your Mood (For CYP Secondary School Age)
  - Fears and Worries Group (For parents of Primary Aged CYP)
  - THRIVE Approach Parent Group (EYFS up to 8 years old)
  - Toolkit for Emotional Wellbeing (For CYP in school years 5,6,7)



# One-to-Ones

- We offer between 1-6 sessions. Currently the majority of one-to-one support is being delivered virtually, unless exceptional circumstances are met and appropriate safety measures are in place.
- Most cases these will be during school hours to enable our offer to continue.
- **This treatment option will only be offered by Healthy Minds if it is felt there is a clinical need that would not be met within a group/workshop setting.**



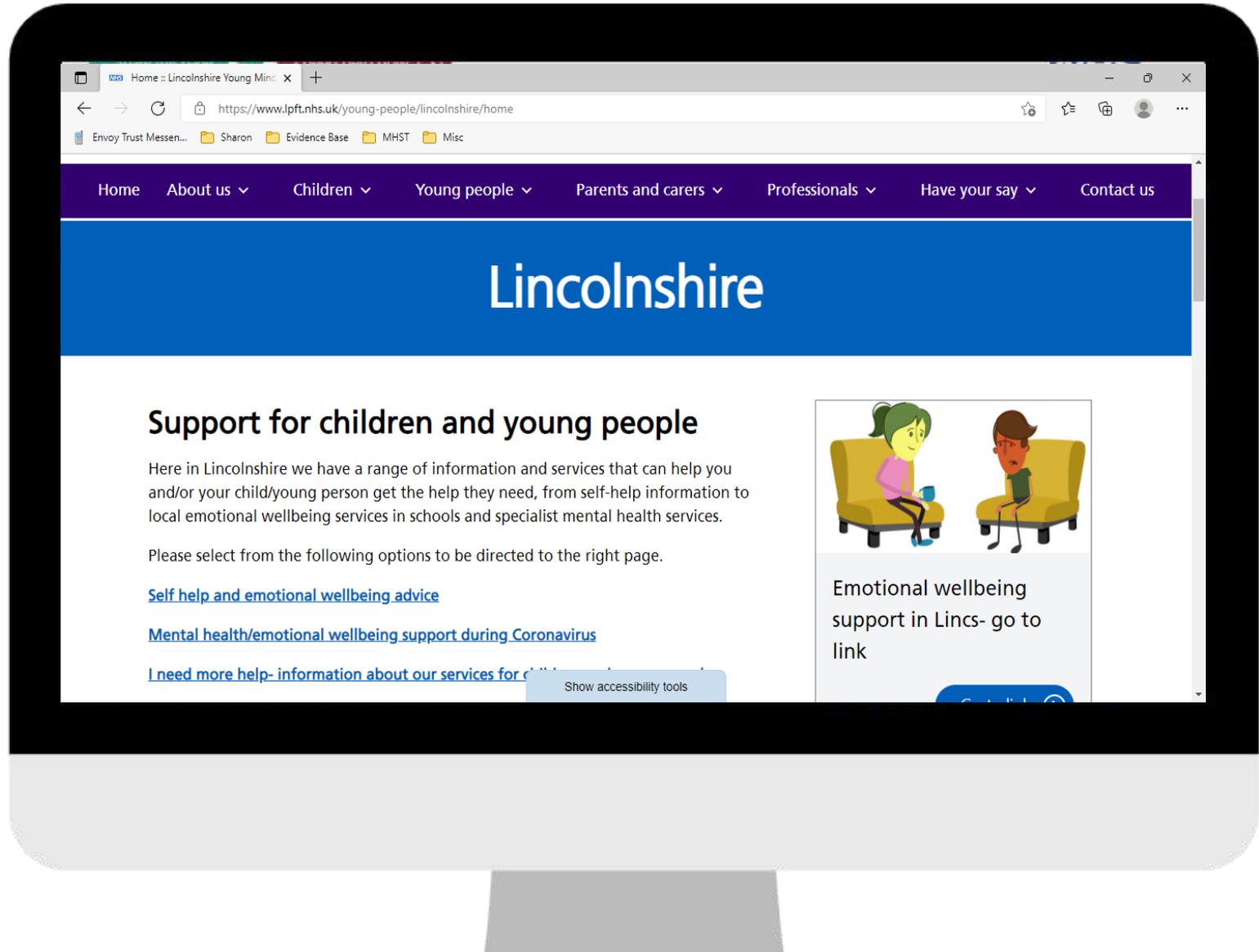


## Emotionally Based School Avoidance (EBSA)

HML can support with Pastoral Support Plans where a child or young person is at risk of or have recently started refusing school due to their emotional wellbeing.

It should be considered by the school who would be best to support in this forum; for example if there is a CAMHS practitioner/Early Help Worker/BOSS worker providing intervention to that child, they should be invited to ensure continuity of care/offer.

# LPFT Website





# Here4You Advice and Self-referral line

The Here4You line is staffed by the CYP Access Team between **09.00 and 16.45 Monday to Friday** for advice and self-referrals and can be reached by calling:

**0800 234 6342**

The line is answered by the Mental Health Advise Line Practitioners out of hours, on weekends and public holidays. They are unable to take a self-referral during this time.